



HEALTHY TIPS FOR DINING OUT

	Choose foods described as...	Skip...
In General	Steamed Fresh Grilled Broiled baked Roasted Low-fat/lean Heart healthy	Buttery Battered Fried Crispy Creamed Au gratin Rich
Chinese	Steamed vegetable dumplings Steamed brown rice Tofu Vegetable dishes Steamed white chicken	Egg rolls Fried dumplings Fried rice Fried noodles Spareribs or duck Batter-fried meat Sweet & sour dishes
Italian	Minestrone soup Pasta primavera Thin-crust pizza Pasta with red sauce Grilled fish, chicken, or vegetables	Fried calamari Garlic bread Pasta with white sauce Parmagiana Lasagna Sausage
Mexican	Soft tortillas Salsa/hot sauce Whole beans (black, red, and pinto) Chicken or bean fajitas, burritos or enchiladas Extra vegetables	Crispy tortillas Nachos Guacamole, sour cream Cheese Refried beans Chimichangas Flautas Quesadillas
Steakhouse	Garden salad (with dressing on the side) Baked potato London broil Filet mignon Round, flank or sirloin steak Baked seafood	Caesar salad Rib eye, T-bone Porterhouse steak Meat potpie French fries Gravy

HEALTHY TIPS

Take ½ of your meal home
Split an entrée with a friend
Order an appetizer as your meal

HEALTHY PORTION LOOKS LIKE:

Cooked meat (3 oz.) – deck of cards
Baked fish (3 oz.) – a checkbook
Cooked rice or pasta (4 oz.) – a baseball
Mix nuts (1/4 cup) – a golf ball

BEFORE YOU GO OUT TO EAT...

Explore your options and choose a restaurant that:

- Offers healthy items
- Provides nutrition information
- Takes special requests (by cooking to order, for example)
- Allows substitutions

Curb your appetite shortly before you leave:

- Eat a light snack (such as fruit or low-fat yogurt)
- Drink a glass of water



SALAD BAR PITFALLS

Pasta, potato and meat salads
Marinated vegetables
Creamy dressings
Cheeses
Croutons, olives

Choose fresh vegetables and dark, leafy greens instead.

Ask questions! If you're not sure what's in a dish or how it's prepared, find out. Order dressings or sauces on the side. Make healthy substitutions (e.g. order a side salad instead of french fries). Ask if low-fat dessert items are available (e.g. fresh fruit, angel food cake, sherbet, or frozen yogurt).

